

List of Programmes in July to September 2024 – TSWIFSC

Name of Programme:	Understanding "Smiling" Depression
Date / Duration:	2.7.2024(Tuesday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance emotional self-awareness
Content:	"Positive Psychology" is a science of happiness, with the goal of making people live happier. Through applying positive psychology, everyone can develop multiple thinking perspectives, thereby establishing good coping skills to face various challenges in life. (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Mr LEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Tips for Good Night's Sleep
Date / Duration:	16.7.2024 (Tuesday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To improve sleep quality and mental health
Content:	Introducing definition of insomnia, common causes and effects of insomnia and ways to improve sleep quality and mental health. (The programme will be conducted in Cantonese)
Target Participants:	Elders, caregivers of the elders or interested parties
Fee:	Free of charge
Contact Staff:	Ms LAM
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre and Senior Citizen Home Safety Association

List of Programmes in July to September 2024 – TSWIFSC

Name of Programme:	You Should Know about Health
Date / Duration:	20.7.2024 (Saturday) 11:00a.m. to 12:00n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To learn about healthy eating knowledge and to promote a healthy life.
Content:	To talk about healthy eating style. (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Ms YEUNG
Telephone Number:	3365 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Draw My Emotion
Date / Duration:	23.7.2024, 25.7.2024, 30.7.2024 and 1.8.2024 (Tuesday & Thursday) 11:00a.m. to 12:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To understand emotions through drawing
Content:	To teach Pastel Nagomi Art To teach children what is emotion (The programme will be conducted in Cantonese)
Target Participants:	Primary School Student
Fee:	Free of charge
Contact Staff:	Miss CHENG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

List of Programmes in July to September 2024 – TSWIFSC

Name of Programme:	Badminton Fun Day
Date / Duration:	25.7.2024 (Thursday) 2:00p.m. to 4:00p.m.
Venue:	Tin Shui Wai Sports Centre
Objectives:	To enhance the parent-child relationship through playing badminton
Content:	Learn badminton skills (The programme will be conducted in Cantonese)
Target Participants:	Parent with children aged 7 or above
Fee:	Free of charge
Contact Staff:	Miss TSANG
Telephone Number:	3365 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Having Fun with Family (Learning Ukulele)
Date / Duration:	26.7.2024, 2.8.2024, 9.8.2024 and 16.8.2024 (Friday) 11:30a.m. to 12:30n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance parent-child communication
Content:	Through playing Ukulele together, parents and children can enhance their emotional connection and interaction, and create beautiful memories. (The programme will be conducted in Cantonese)
Target Participants:	Elementary school students and their parents
Fee:	Free of charge
Contact Staff:	Mr LEUNG
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

List of Programmes in July to September 2024 – TSWIFSC

Name of Programme:	Learning through Play
Date / Duration:	29.7.2024, 5.8.2024, 12.8.2024 and 19.8.2024 (Monday) 2:30p.m. to 3:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To learn about teamwork and social skills, to enhance concentration and self-control ability.
Content:	Group games and training activities (The programme will be conducted in Cantonese)
Target Participants:	Children aged 4 to 10 of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Ms YEUNG
Telephone Number:	3365 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Exercise Everyday
Date / Duration:	6.8.2024, 13.8.2024, 20.8.2024 and 27.8.2024 (Tuesday) 10:00a.m. to 12:00n.n.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To releasing stress through doing exercise
Content:	Learning physical exercise (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Ms AU
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Parent-child Zentangle
Date / Duration:	9.8.2024, 16.8.2024, 23.8.2024 and 30.8.2024 (Friday) 3:00p.m. to 4:00p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To relieve participants' stress and facilitate parent-child communication through Zentangle
Content:	To educate the participants with the principles of Zentangle To facilitate participants' sharing To enhance relaxation and stress management (The programme will be conducted in Cantonese)
Target Participants:	Parents and their children
Fee:	Free of charge
Contact Staff:	Ms LUI
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Balloon Twisting (Class A)
Date / Duration:	10.8.2024 (Saturday) 9:30a.m. to 10:45a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To enhance parent-child relationship through balloon twisting
Content:	Learn balloon twisting skills (The programme will be conducted in Cantonese)
Target Participants:	Parent with children (4 families)
Fee:	Free of charge
Contact Staff:	Miss TSANG
Telephone Number:	3365 5780
Host:	Tin Shui Wai Integrated Family Service Centre

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Name of Programme:	Fun with Badminton
Date / Duration:	3.9.2024, 10.9.2024, 17.9.2024 and 24.9.2024 (Tuesday) 10:00a.m. to 12:00n.n.
Venue:	Ping Shan Tin Shui Wai Sports Centre
Objectives:	Releasing stress through learning badminton
Content:	Learning badminton basic skills (The programme will be conducted in Cantonese)
Target Participants:	Members aged 18 or above of Tin Shui Wai Integrated Family Service Centre
Fee:	Free of charge
Contact Staff:	Ms AU
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

Name of Programme:	Emotion, Let it Go!
Date / Duration:	9.9.2024, 12.9.2024, 16.9.2024 and 19.9.2024 (Monday & Thursday) 4:00p.m.-5:30p.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	Enhance the resilience capacity of children
Content:	Through playing games, the children are encouraged to understand their emotions and build up better stress-coping and emotional regulation methods (The programme will be conducted in Cantonese)
Target Participants:	Children aged 8-12 years old
Fee:	Free of charge
Contact Staff:	Miss CHAN
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre

List of Programmes in July to September 2024 – TSWIFSC

Name of Programme:	To Know More about Mental Health
Date / Duration:	10.9.2024 (Tuesday) 10:00a.m. to 11:00a.m.
Venue:	Tin Shui Wai Integrated Family Service Centre
Objectives:	To improve mental health
Content:	Introducing definition of mental health, identification of people with mental health problems, understanding of different mental health problems, common misconceptions about mental health, relationship between food and mental health and ways to improve mental health. (The programme will be conducted in Cantonese)
Target Participants:	Caregivers of persons with suspected/known mental health problem(s) / interested parties
Fee:	Free of charge
Contact Staff:	Ms LAM
Telephone Number:	3565 5780
Host:	Tin Shui Wai Integrated Family Service Centre and Hong Kong Red Cross